



LA MUSCULATION EFFICACE
de Vince Delmonte
"Je l'ai fait"

FELICITATIONS !
VÉRIFIEZ VOTRE E-MAIL

L'« Espoir » des Gringalets s'avance et démasque la conspiration du monde de la musculation et des compléments alimentaires et vous révèle pourquoi ce n'est pas votre faute si vous êtes toujours un « hardgainer » ...

« Vous croyez tout savoir sur la musculation ?
Détrompez-vous !

Si vous saviez vraiment comment obtenir des muscles surpuissants, vous ne seriez pas en train de payer pour des compléments alimentaires, des coachs personnels, des magazines et de bouquins avec des mauvaises méthodes.

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building muscle without any equipment

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